

Close-grip press

With an EZ-Bar or a straight bar, keep the hands no more than shoulder width apart, upper arms next to the body.



Start with the bar on the chest and press up, keeping your elbows next to the ribcage. Bar should remain positioned over the chest during extension.



SHOULDER EXERCISES

Overhead press- Smith Machine

Grip the bar slightly wider than shoulder-width, palms facing outward. Slowly press the weight straight up.



Keep your lower back from swaying by tucking your pelvis forward; keep your abdominals tight and your lower back pressed against the bench. Slowly return the weight to the starting position.

